

Let's Get Movin'! Yoga



You've heard of yoga for adults, but how about yoga for children? Come give it a try!

Yoga for Toddlers Class

WEDNESDAYS from 9:00-9:45am (October 9-November 27th) is designed for crawling-2.5 year olds; it combines yoga, music, dancing, movement, imagination, and nutrition---parents/caregivers are encouraged to be present and do the yoga with their children and also step back and watch as their little ones focus on having fun with their friends. Session price is \$90 or \$15 drop-in

Yoga for Kids/Families Class

WEDNESDAY from 6:00pm-7:00pm (Ages all*). (Oct 23-Nov 27) Caregivers are welcome to join this class. The class is designed to be two-fold---drop your child off for yoga while you run errands and prepare dinner OR join your child and enjoy this experience together. All ages are welcome. (*children must be 5 to attend without a caregiver). The yoga poses will help strengthen and stretch the body while the breathing techniques will focus on relaxing, calming and energizing the mind. This fun and interactive program will leave your family feeling positive and energized! Yoga is for every "body". Session price \$40.00/person.

Cooking for Kids & Mini Yoga Class

THURSDAY from 4:00pm-5:00pm (Ages 6-10) October 24-Nov 21- This hands on cooking class will teach your child how to prepare simple, delicious, and nutritious foods. The children will learn about local farms and farmers as we will use some local food in our dishes. The children will learn where their food comes from and how to eat

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healthy, while being mindful of the food they eat. Each class will begin with a few poses to help strengthen and stretch the body and breathing techniques which focus on relaxation, calming and energizing the mind. The class is designed to build confidence and self-awareness through positive messaging and healthy eating. It will be a fun and interactive class which will leave your child feeling positive and energized. The 5 week session is limited to 10 children; cost \$75.00 which includes food supplies.

All classes: Preregistration is requested BUT drop ins are always welcome! Please wear comfy clothes, bring a water bottle and a mat. We will have a few mats to borrow on a first come basis. We also have mats for sale. Contact info: www.letsgetmovin.com Cheryl & Alicia 603-642-5985

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